

# Lansing Fish Days 5k Results

## 12-Aug-23

#	First name	Last name	Bib	Gender	Distance	Division	Age	City	State	Final Result	Pace
1	Brayden	Frey	727	M	5k	Overall male	17	Lansing	IA	00:17:12.76	05:32 /mi
2	Travis	Tock	701	M	5k	Overall male	17	Sheboygan	WI	00:17:25.36	05:36 /mi
3	Justin	Wagner	726	M	5k	Overall male	15	Lansing	IA	00:19:41.26	06:20 /mi
4	Carter	Verthein	740	M	5k	Overall male	14	Lansing	IA	00:24:29.37	07:52 /mi
5	Peter	Paulouec	741	M	5k	Overall male	18	Urbana	IA	00:25:11.76	08:06 /mi
6	Trevor	Petersen	710	M	5k	Overall male	15	Lansing	IA	00:25:13.72	08:07 /mi
7	Steve	Murray	721	M	5k	Overall male	50	Lansing	IA	00:25:23.46	08:10 /mi
8	Daniel	Jones	711	M	5k	Overall male	14	Lansing	IA	00:26:27.00	08:30 /mi
9	Colin	Cripe	719	M	5k	Overall male	11	Cedar Rapids	IA	00:28:20.91	09:07 /mi
10	Doyle	Allen	722	M	5k	Overall male	72	Postville	IA	00:29:24.68	09:28 /mi
11	Jamie	Rasque	728	M	5k	Overall male	47	Lansing	IA	00:31:08.60	10:01 /mi
12	Hudson	Delaney	713	M	5k	Overall male	10	Decorah	IA	00:33:44.47	10:51 /mi
13	Ryan	Delaney	712	M	5k	Overall male	36	Decorah	IA	00:33:44.65	10:51 /mi
14	Jack	Zipse	703	M	5k	Overall male	10	Lansing	IA	00:43:33.43	14:01 /mi
15	Guy	Gryphan	746	M	5k	Overall male	53	Sun Prairie	WI	00:43:59.92	14:09 /mi
16	Tony	Becker	736	M	5k	Overall male	43	Lansing	IA	00:49:49.98	16:02 /mi
17	Paul	Bartels	744	M	5k	Overall male	69	Wauzeka	IA	00:50:36.82	16:17 /mi
1	Haley	Meyer	715	F	5k	Overall female	19	New Albin	IA	00:19:59.15	06:25 /mi
2	Addison	Winters	724	F	5k	Overall female	15	Lansing	IA	00:25:58.80	08:21 /mi
3	Bernetta	Bartels	743	F	5k	Overall female	65	Wauzeka	IA	00:28:17.88	09:06 /mi
4	Sara	Winters	725	F	5k	Overall female	43	Lansing	IA	00:29:38.53	09:32 /mi
5	Anastasia	Zipse	704	F	5k	Overall female	18	Lansing	IA	00:30:14.92	09:44 /mi
6	Kathryn	Stroecke	700	F	5k	Overall female	17	Sheboygan	WI	00:31:24.32	10:06 /mi
7	Liz	Vevera	729	F	5k	Overall female	49	Lansing	IA	00:31:35.07	10:10 /mi
8	Terrie	Allen	723	F	5k	Overall female	66	Postville	IA	00:32:14.66	10:22 /mi
9	Sarah	Murray	720	F	5k	Overall female	47	Lansing	IA	00:32:56.00	10:36 /mi
10	Kate	Kramer	708	F	5k	Overall female	43	Lansing	IA	00:33:04.48	10:39 /mi
11	Pfeiffer	Horns	707	F	5k	Overall female	14	Lansing	IA	00:33:41.49	10:50 /mi
12	Katie	Casterton	716	F	5k	Overall female	31	Decorah	IA	00:34:06.89	10:58 /mi
13	Patty	Troendle	752	F	5k	Overall female	64	Lansing	IA	00:34:24.97	11:04 /mi
14	Susan	Hinze	702	F	5k	Overall female	59	St. Paul	MN	00:34:37.68	11:09 /mi
15	Miranda	McCormick	733	F	5k	Overall female	33	New Albin	IA	00:36:11.24	11:39 /mi
16	Stephanie	McKillip	730	F	5k	Overall female	34	West Liberty	IA	00:36:45.24	11:49 /mi
17	Danette	Jones	739	F	5k	Overall female	52	Waukon	IA	00:37:06.98	11:57 /mi
18	Alison	Rose	732	F	5k	Overall female	35	Hawkeye	IA	00:38:35.78	12:25 /mi
19	Jenna	Gryphan	750	F	5k	Overall female	13	Calmar	IA	00:40:12.55	12:56 /mi
20	Amanda	Kress	734	F	5k	Overall female	33	Urbana	IA	00:40:59.00	13:11 /mi
21	Destiny	Teixeira	735	F	5k	Overall female	38	Des Moines	IA	00:41:01.46	13:12 /mi
22	Carissa	Otto	706	F	5k	Overall female	41	Lansing	IA	00:41:04.79	13:13 /mi
23	Jeannine	Hisel	705	F	5k	Overall female	55	Lansing	IA	00:41:11.94	13:15 /mi
24	Reese	Gryphan	753	F	5k	Overall female	15	Sun Prairie	WI	00:42:05.25	13:33 /mi
25	Danielle	Gryphan	749	F	5k	Overall female	14	Sun Prairie	WI	00:43:46.66	14:05 /mi
26	Melanie	Ahrens	709	F	5k	Overall female	51	Lansing	IA	00:45:08.06	14:31 /mi
27	Ann	Gryphan	748	F	5k	Overall female	52	Sun Prairie	WI	00:45:14.40	14:33 /mi
28	Jenna	Peters	751	F	5k	Overall female	13	Ossian	IA	00:46:19.47	14:54 /mi
29	Erin	Maxon	754	F	5k	Overall female	40	Clive	IA	00:46:40.73	15:01 /mi
30	Abigail	Gryphan	747	F	5k	Overall female	14	Sun Prairie	WI	00:47:05.67	15:09 /mi
31	Beth	Gavin	742	F	5k	Overall female	30	Lansing	IA	00:47:08.11	15:10 /mi

32	Melissa	Mohn	737	F	5k	Overall female	32	Lansing	IA	00:47:10.21	15:10 /mi
33	Mary Jo	Mohn	718	F	5k	Overall female	63	Lansing	IA	00:47:17.24	15:13 /mi
34	Angela	Weigher	745	F	5k	Overall female	61	Waukon	IA	00:50:08.60	16:08 /mi
35	Allison	Benzing	717	F	5k	Overall female	30	Lansing	IA	00:52:54.99	17:01 /mi
36	Ciara	Walleser	731	F	5k	Overall female	28	Waukon	IA	00:52:57.84	17:03 /mi
37	Kacey	Gavin	738	F	5k	Overall female	29	Lansing	IA	00:52:58.62	17:03 /mi
1	Brayden	Frey	727	M	5k	30-	17	Lansing	IA	00:17:12.76	05:32 /mi
2	Travis	Tock	701	M	5k	30-	17	Sheboygan	WI	00:17:25.36	05:36 /mi
3	Justin	Wagner	726	M	5k	30-	15	Lansing	IA	00:19:41.26	06:20 /mi
4	Carter	Verthein	740	M	5k	30-	14	Lansing	IA	00:24:29.37	07:52 /mi
5	Peter	Paulouec	741	M	5k	30-	18	Urbana	IA	00:25:11.76	08:06 /mi
6	Trevor	Petersen	710	M	5k	30-	15	Lansing	IA	00:25:13.72	08:07 /mi
7	Daniel	Jones	711	M	5k	30-	14	Lansing	IA	00:26:27.00	08:30 /mi
8	Colin	Cripe	719	M	5k	30-	11	Cedar Rapids	IA	00:28:20.91	09:07 /mi
9	Hudson	Delaney	713	M	5k	30-	10	Decorah	IA	00:33:44.47	10:51 /mi
10	Jack	Zipse	703	M	5k	30-	10	Lansing	IA	00:43:33.43	14:01 /mi
1	Haley	Meyer	715	F	5k	30-	19	New Albin	IA	00:19:59.15	06:25 /mi
2	Addison	Winters	724	F	5k	30-	15	Lansing	IA	00:25:58.80	08:21 /mi
3	Anastasia	Zipse	704	F	5k	30-	18	Lansing	IA	00:30:14.92	09:44 /mi
4	Kathryn	Stroecke	700	F	5k	30-	17	Sheboygan	WI	00:31:24.32	10:06 /mi
5	Pfeiffer	Horns	707	F	5k	30-	14	Lansing	IA	00:33:41.49	10:50 /mi
6	Jenna	Gryphan	750	F	5k	30-	13	Calmar	IA	00:40:12.55	12:56 /mi
7	Reese	Gryphan	753	F	5k	30-	15	Sun Prairie	WI	00:42:05.25	13:33 /mi
8	Danielle	Gryphan	749	F	5k	30-	14	Sun Prairie	WI	00:43:46.66	14:05 /mi
9	Jenna	Peters	751	F	5k	30-	13	Ossian	IA	00:46:19.47	14:54 /mi
10	Abigail	Gryphan	747	F	5k	30-	14	Sun Prairie	WI	00:47:05.67	15:09 /mi
11	Beth	Gavin	742	F	5k	30-	30	Lansing	IA	00:47:08.11	15:10 /mi
12	Allison	Benzing	717	F	5k	30-	30	Lansing	IA	00:52:54.99	17:01 /mi
13	Ciara	Walleser	731	F	5k	30-	28	Waukon	IA	00:52:57.84	17:03 /mi
14	Kacey	Gavin	738	F	5k	30-	29	Lansing	IA	00:52:58.62	17:03 /mi
1	Jamie	Rasque	728	M	5k	31-49	47	Lansing	IA	00:31:08.60	10:01 /mi
2	Ryan	Delaney	712	M	5k	31-49	36	Decorah	IA	00:33:44.65	10:51 /mi
3	Tony	Becker	736	M	5k	31-49	43	Lansing	IA	00:49:49.98	16:02 /mi
1	Sara	Winters	725	F	5k	31-49	43	Lansing	IA	00:29:38.53	09:32 /mi
2	Liz	Vevera	729	F	5k	31-49	49	Lansing	IA	00:31:35.07	10:10 /mi
3	Sarah	Murray	720	F	5k	31-49	47	Lansing	IA	00:32:56.00	10:36 /mi
4	Kate	Kramer	708	F	5k	31-49	43	Lansing	IA	00:33:04.48	10:39 /mi
5	Katie	Casterton	716	F	5k	31-49	31	Decorah	IA	00:34:06.89	10:58 /mi
6	Miranda	McCormick	733	F	5k	31-49	33	New Albin	IA	00:36:11.24	11:39 /mi
7	Stephanie	McKillip	730	F	5k	31-49	34	West Liberty	IA	00:36:45.24	11:49 /mi
8	Alison	Rose	732	F	5k	31-49	35	Hawkeye	IA	00:38:35.78	12:25 /mi
9	Amanda	Kress	734	F	5k	31-49	33	Urbana	IA	00:40:59.00	13:11 /mi
10	Destiny	Teixeira	735	F	5k	31-49	38	Des Moines	IA	00:41:01.46	13:12 /mi
11	Carissa	Otto	706	F	5k	31-49	41	Lansing	IA	00:41:04.79	13:13 /mi
12	Erin	Maxon	754	F	5k	31-49	40	Clive	IA	00:46:40.73	15:01 /mi
13	Melissa	Mohn	737	F	5k	31-49	32	Lansing	IA	00:47:10.21	15:10 /mi
1	Steve	Murray	721	M	5k	50+	50	Lansing	IA	00:25:23.46	08:10 /mi
2	Doyle	Allen	722	M	5k	50+	72	Postville	IA	00:29:24.68	09:28 /mi
3	Guy	Gryphan	746	M	5k	50+	53	Sun Prairie	WI	00:43:59.92	14:09 /mi
4	Paul	Bartels	744	M	5k	50+	69	Wauzeka	IA	00:50:36.82	16:17 /mi
1	Bernetta	Bartels	743	F	5k	50+	65	Wauzeka	IA	00:28:17.88	09:06 /mi
2	Terrie	Allen	723	F	5k	50+	66	Postville	IA	00:32:14.66	10:22 /mi
3	Patty	Troendle	752	F	5k	50+	64	Lansing	IA	00:34:24.97	11:04 /mi

4	Susan	Hinze	702	F	5k	50+	59	St. Paul	MN	00:34:37.68	11:09 /mi
5	Danette	Jones	739	F	5k	50+	52	Waukon	IA	00:37:06.98	11:57 /mi
6	Jeannine	Hisel	705	F	5k	50+	55	Lansing	IA	00:41:11.94	13:15 /mi
7	Melanie	Ahrens	709	F	5k	50+	51	Lansing	IA	00:45:08.06	14:31 /mi
8	Ann	Gryphan	748	F	5k	50+	52	Sun Praire	WI	00:45:14.40	14:33 /mi
9	Mary Jo	Mohn	718	F	5k	50+	63	Lansing	IA	00:47:17.24	15:13 /mi
10	Angela	Weigher	745	F	5k	50+	61	Waukon	IA	00:50:08.60	16:08 /mi